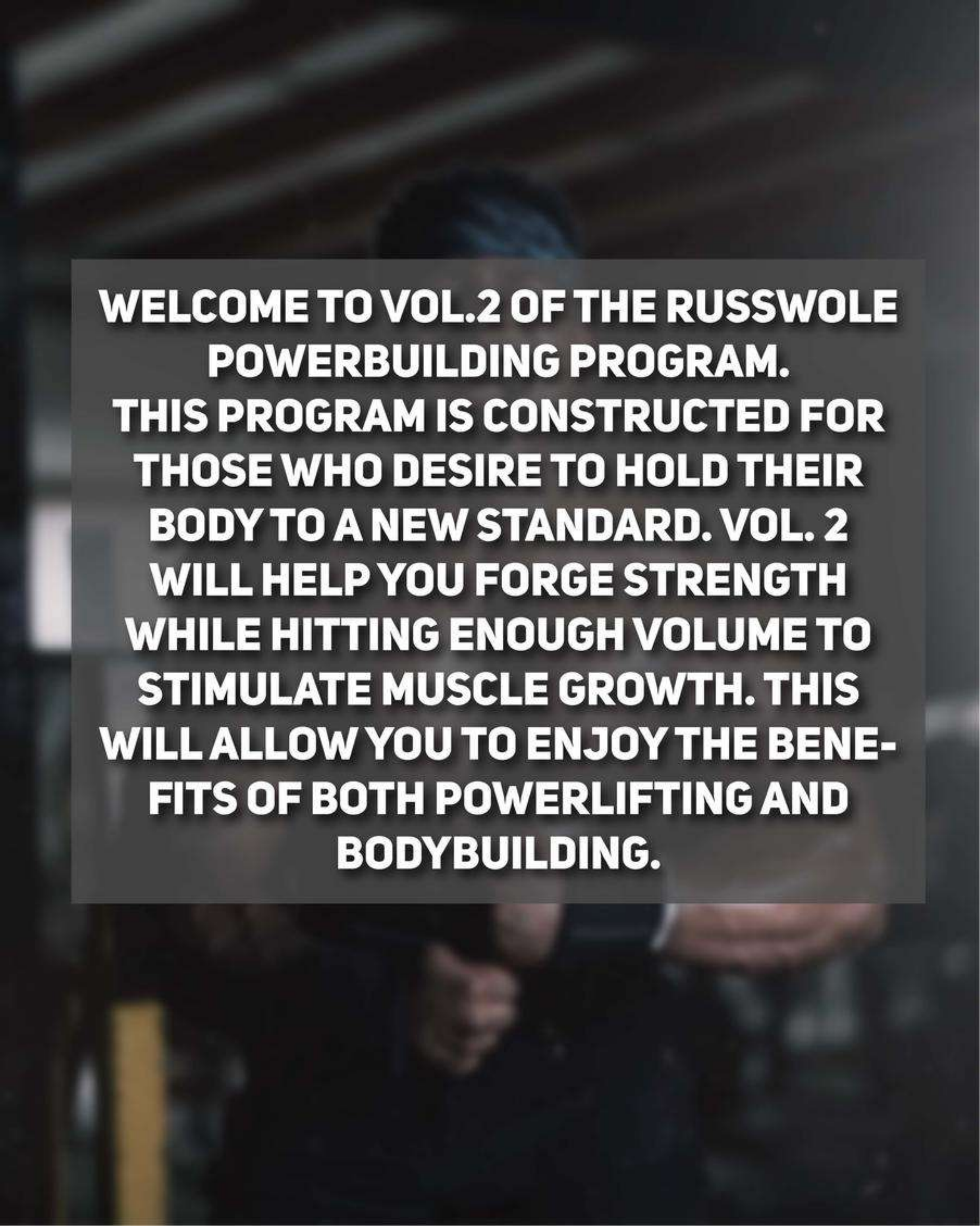
THE RUSSWOLE POWERBUILDING PROGRAM

VOL. 2


WELCOME TO VOL.2 OF THE RUSSWOLE POWERBUILDING PROGRAM.
THIS PROGRAM IS CONSTRUCTED FOR THOSE WHO DESIRE TO HOLD THEIR BODY TO A NEW STANDARD. VOL. 2 WILL HELP YOU FORGE STRENGTH WHILE HITTING ENOUGH VOLUME TO STIMULATE MUSCLE GROWTH. THIS WILL ALLOW YOU TO ENJOY THE BENE-FITS OF BOTH POWERLIFTING AND BODYBUILDING.

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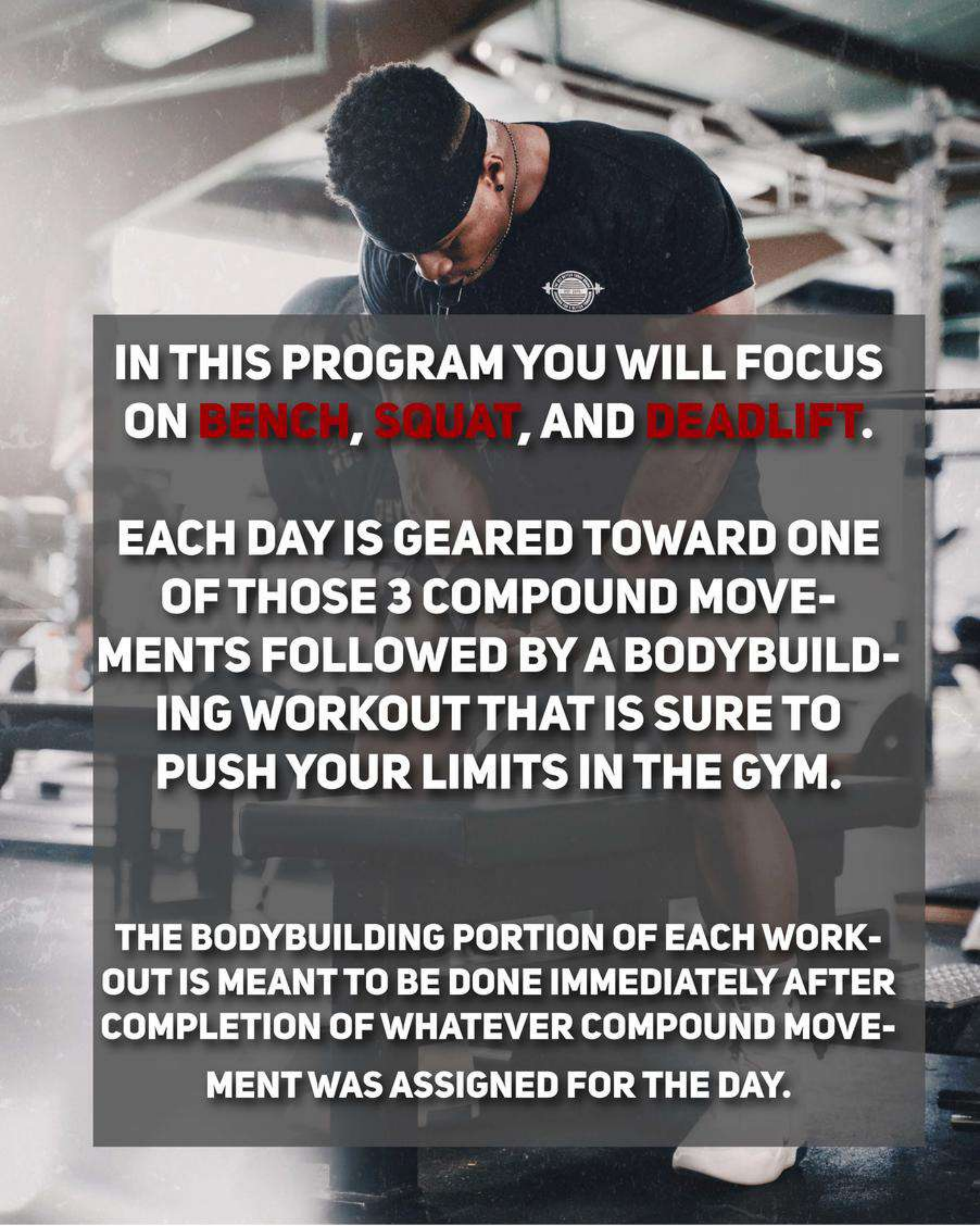
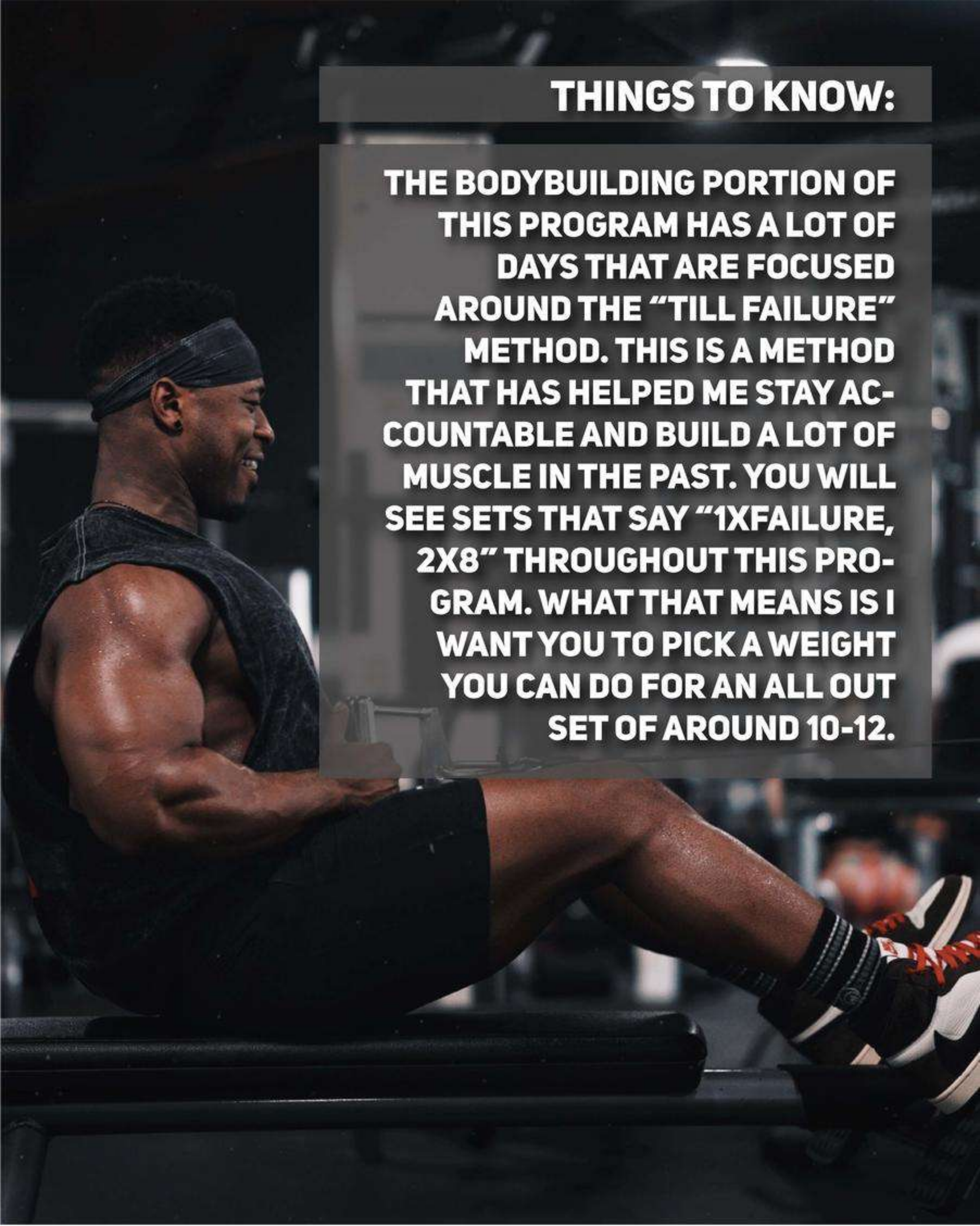

IN THIS PROGRAM YOU WILL FOCUS ON BENCH, SQUAT, AND DEADLIFT.
EACH DAY IS GEARED TOWARD ONE OF THOSE 3 COMPOUND MOVE-MENTS FOLLOWED BY A BODYBUILD-ING WORKOUT THAT IS SURE TO PUSH YOUR LIMITS IN THE GYM.
THE BODYBUILDING PORTION OF EACH WORK-OUT IS MEANT TO BE DONE IMMEDIATELY AFTER COMPLETION OF WHATEVER COMPOUND MOVE-MENT WAS ASSIGNED FOR THE DAY.

THINGS TO KNOW:

THIS PROGRAM IS BASED OFF THE 1 REP MAX OF YOUR BENCH, SQUAT, AND DEADLIFT. I WOULD SUGGEST TAKING A WEEK TO MAX OUT IF YOU DON'T HAVE ANY RECENT NUMBERS TO BASE THE CALCULATIONS OFF OF. YOU SHOULD BE FINE IF YOU HAVE A GENERAL IDEA OF WHERE YOUR NUMBERS ARE AT.



THINGS TO KNOW:

THE BODYBUILDING PORTION OF THIS PROGRAM HAS A LOT OF DAYS THAT ARE FOCUSED AROUND THE "TILL FAILURE" METHOD. THIS IS A METHOD THAT HAS HELPED ME STAY ACCOUNTABLE AND BUILD A LOT OF MUSCLE IN THE PAST. YOU WILL SEE SETS THAT SAY "1XFAILURE, 2X8" THROUGHOUT THIS PROGRAM. WHAT THAT MEANS IS I WANT YOU TO PICK A WEIGHT YOU CAN DO FOR AN ALL OUT SET OF AROUND 10-12.

THINGS TO KNOW:

I WANT YOU TO DIG DEEP AND GET AS MANY REPS AS YOU POSSIBLY CAN. I WANT YOU TO SCRATCH, CLAW, AND GET UNCOMFORTABLE. THAT WILL BE YOUR 1ST SET. THE FOLLOWS 2 SETS WILL BE DONE WITH A LESSER WEIGHT BECAUSE YOU ARE SO DESTROYED FROM SET 1. THIS METHOD IS ONLY EFFECTIVE IF YOU HOLD YOURSELF ACCOUNTABLE ON THAT 1ST SET SO MAKE SURE YOU EMPTY OUT THE TANK AND LEAVE IT ALL IN THE GYM!

REST TIME:

REST TIME FOR RECOVERY IS VERY IMPORTANT DURING THE POWERLIFTING PORTION OF THIS WORKOUT. 3-5 MINUTES SEEMS TO BE THE SWEET SPOT FOR MOST LIFTERS, HOWEVER IT IS COMPLETELY UP TO WHEN YOU FEEL READY TO GO FOR ANOTHER SET. THERE IS NO NEED TO RUSH. I WANT YOU READY AND RESTED FOR EVERY SINGLE REP. STRENGTH AND EXECUTION IS THE GOAL, NOT MAINTAINING A PUMP.

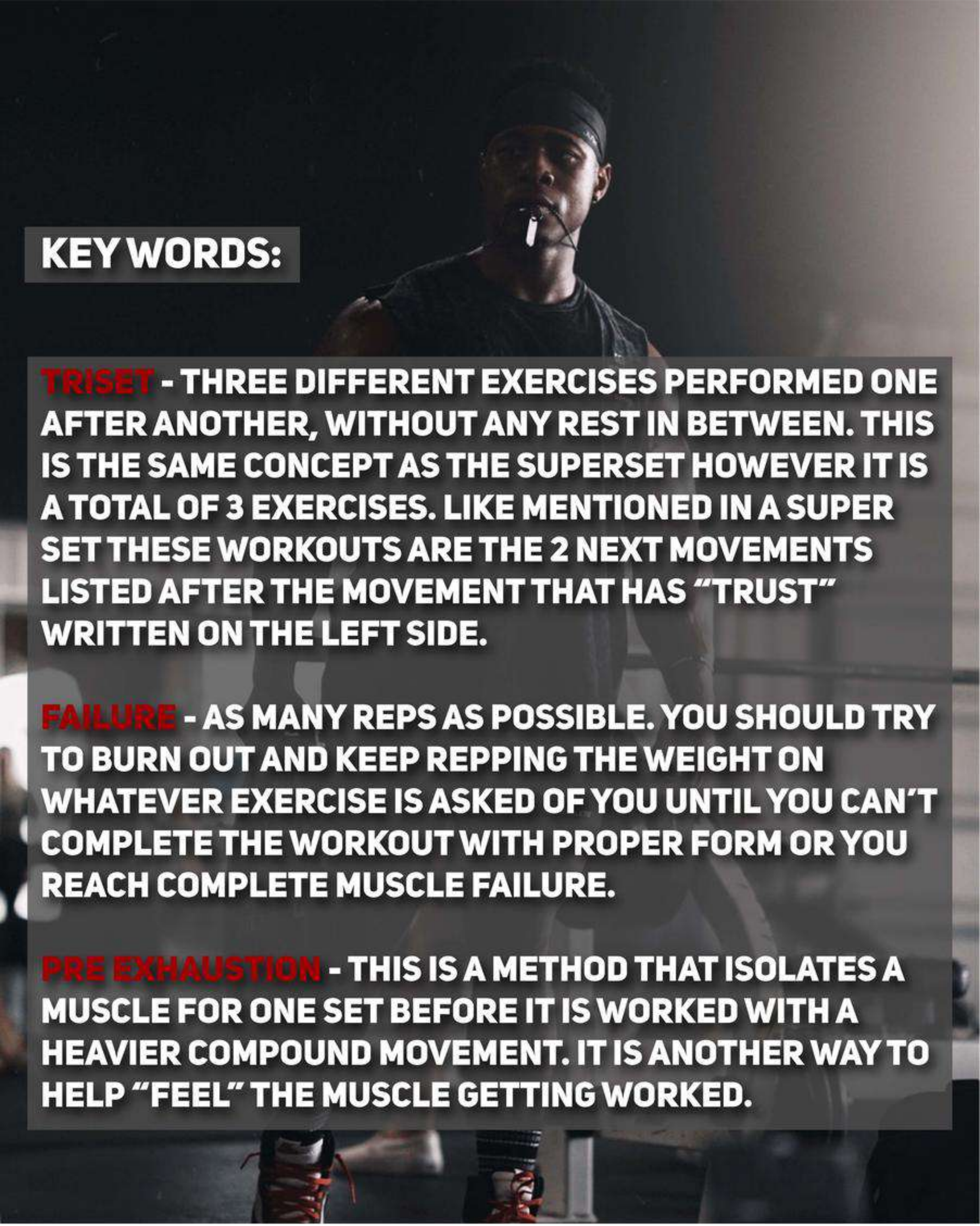
REST TIME:

THERE SHOULD BE AN IMMEDIATE SWITCH THAT IS FLIPPED WHEN IT IS TIME TO MOVE ON TO THE BODYBUILDING PORTION OF THE WORKOUT. REST TIME SHOULD BE LIMITED TO 1-2 MINUTES MAX. I WANT YOU IN ATTACK MODE. TRY YOUR BEST TO STAY ENGAGED AND SWEATY FOR THE REMAINDER OF THE WORKOUT. DON'T ALLOW YOURSELF TO GET COLD. WE WANT TO KEEP THE BLOOD COURSING THROUGH YOUR VEINS SO IT IS PARAMOUNT THAT REST TIME IS AT A MINIMUM!

KEY WORDS:

THERE MIGHT BE SOME WORDS SOME OF YOU ARE NOT FAMILIAR WITH ON THIS PROGRAM. BELOW I WILL LIST OUT SOME WORDS THAT MAY BE UNCOMMON TO YOU AND HOW TO READ THEM ON THE PROGRAM!

SUPERSET - THIS MEANS TO MOVE QUICKLY FROM ONE EXERCISE TO A SEPARATE EXERCISE WITHOUT TAKING A BREAK FOR REST IN BETWEEN THE TWO EXERCISES. IN THE PROGRAM IT'LL SAY "SUPERSET" SO THIS MEANS TO COMPLETE THE NEXT MOVEMENT RIGHT AFTER YOU FINISH YOUR SET ON THE ONE BEFORE. THE MOVEMENT THAT WILL BE SUPER SETTED WOULD BE THE MOVEMENT IMMEDIATELY BELOW THE WORKOUT THAT HAS "SUPER SET" WRITTEN ON THE LEFT HAND COLUMN.



KEY WORDS:

TRISET - THREE DIFFERENT EXERCISES PERFORMED ONE AFTER ANOTHER, WITHOUT ANY REST IN BETWEEN. THIS IS THE SAME CONCEPT AS THE SUPERSET HOWEVER IT IS A TOTAL OF 3 EXERCISES. LIKE MENTIONED IN A SUPER SET THESE WORKOUTS ARE THE 2 NEXT MOVEMENTS LISTED AFTER THE MOVEMENT THAT HAS "TRUST" WRITTEN ON THE LEFT SIDE.

FAILURE - AS MANY REPS AS POSSIBLE. YOU SHOULD TRY TO BURN OUT AND KEEP REPPING THE WEIGHT ON WHATEVER EXERCISE IS ASKED OF YOU UNTIL YOU CAN'T COMPLETE THE WORKOUT WITH PROPER FORM OR YOU REACH COMPLETE MUSCLE FAILURE.

PRE EXHAUSTION - THIS IS A METHOD THAT ISOLATES A MUSCLE FOR ONE SET BEFORE IT IS WORKED WITH A HEAVIER COMPOUND MOVEMENT. IT IS ANOTHER WAY TO HELP "FEEL" THE MUSCLE GETTING WORKED.

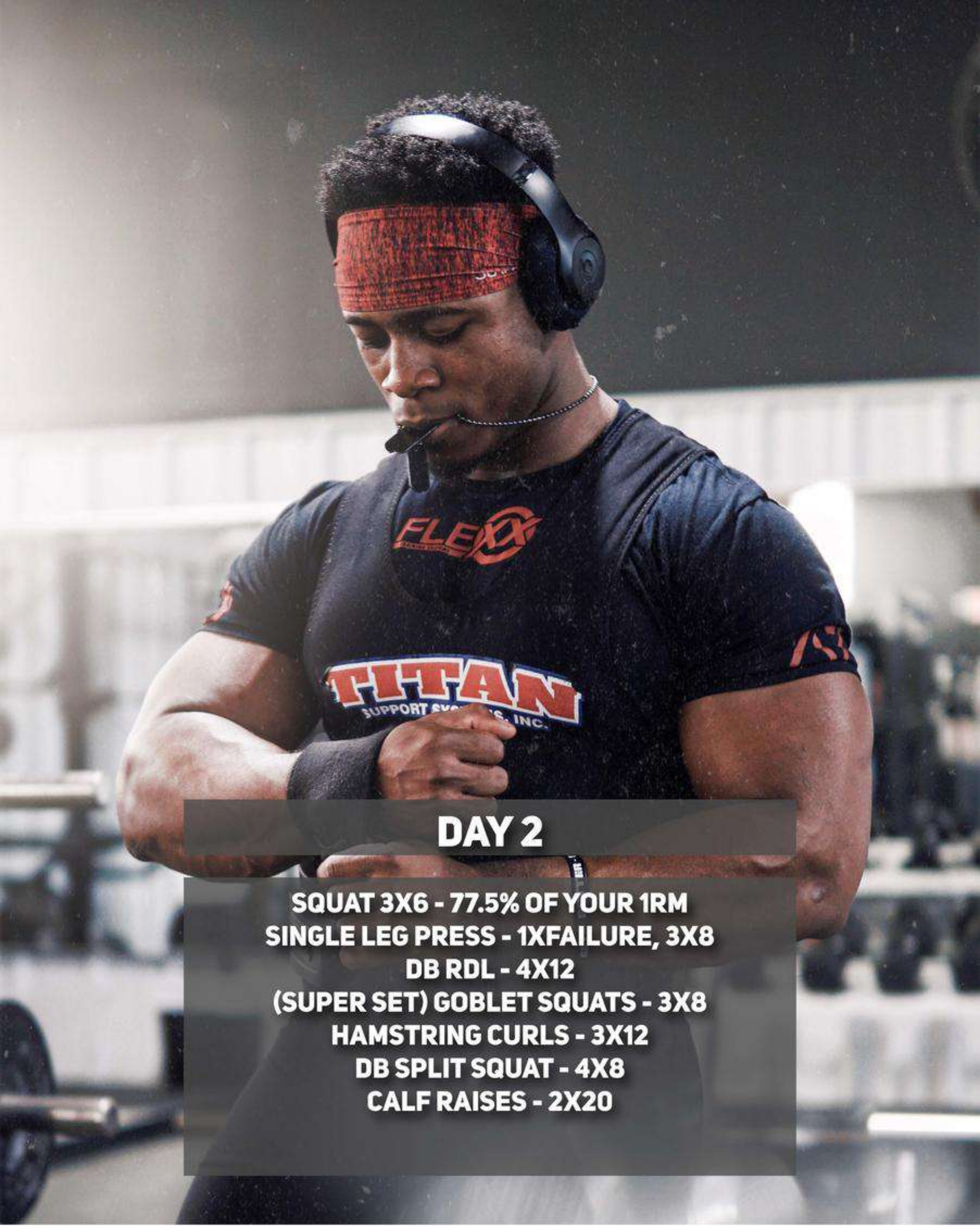
KEEPING TRACK OF PROGRESS

IT IS IMPORTANT TO VIDEO YOU COMPOUND MOVEMENTS JUST TO SEE HOW THE WEIGHT IS PROGRESSING FROM WEEK TO WEEK. DON'T BE AFRAID TO POST YOUR PROGRESSION ON INSTAGRAM OR TWITTER WITH THE HASHTAG "GET BETTER TODAY". I FOLLOW IT AND I LOVE TO SEE YOUR PROGRESS. YOUR PHYSIQUE WILL MOST LIKELY CHANGE AS WELL ON THIS PROGRAM SO BEFORE AND AFTERS ARE ALWAYS WELCOMED!

FLEX
TITAN
GET - BETTER
WEEK 1

DAY 1

BENCH 1X1 - 90% OF 1RM
BENCH 3X8 - 75% OF 1RM
(SUPER SET) - LANDMINE PRESS - 4X12-15
LANDMINE ROW - 4X10
(SUPER SET) DB CHEST PRESS - 1XFAILURE, 2X8
DB ROW - 1XFAILURE, 2X8
MACHINE FLY - 4X15
CABLE ROWS - 4X10-12


DAY 2
SQUAT 3X6 - 77.5% OF YOUR 1RM
SINGLE LEG PRESS - 1XFAILURE, 3X8
DB RDL - 4X12
(SUPER SET) GOBLET SQUATS - 3X8
HAMSTRING CURLS - 3X12
DB SPLIT SQUAT - 4X8
CALF RAISES - 2X20

DAY 3

BENCH 1X1 - 87.5% OF YOUR 1RM
BENCH 3X4 - 70% OF YOUR 1RM
ARNOLD PRESS - 1XFAILURE, 2X10
DB SHOULDER PRESS - 1XFAILURE, 1X10
DB LATERAL RAISES - 4X10-12
DB FRENCH CURL - 1XFAILURE, 2X12
STRT BAR PUSHDOWNS - 2XFAILURE
ROPE EXTENSIONS - 2XFAILURE

DAY 4

DEADLIFT 3X6 - 75% OF 1RM
V-BAR PULLDOWNS - 4X10
MACHINE HIGH ROW - 3X12
CLOSE GRIP PULLDOWN - 4X8
FACE PULLS - 3X15
ALT DB CURLS - 3X8
DB SPIDER CURLS - 3X12
DB HAMMER CURLS - 3X8

DAY 5
INCLINE BENCH - 1XFAILURE, 2X8
(BODY WEIGHT) DIPS - 3X15
CABLE FLYS - 4X15
FLAT DB BECH PRESS - 1XFAILURE, 2X8
(45LB PLATE ON BACK) WEIGHTED PUSHUPS - 3X12
EZBAR SKULLCRUSHERS - 4X10
DIAMOND PUSHUPS - 2XFAILURE

DAY 6

SQUAT 3X4 - 70% OF 1RM
DB LUNGE SQUATS - 4X8
3 SEC HOLD AT THE TOP - LEG EXTENSIONS - 4X10
WITH DUMBBELLS - WEIGHTED STEP UPS - 4X8
WITH DUMBBELL - ONE LEGGED DEADLIFT - 3X10
KETTLE BELL SWING - 3X15

ALTERNATIVE:
BODY WEIGHT WALKING LUNGES 3X - REVERSE SLED PULLS - 4X10

WEEK 2

DAY 1

BENCH - 1X1 - 92.5% OF 1RM
BENCH - 3X8 - 75% OF 1RM
55% OF 1RM - CLOSE GRIP BENCH - 1XFAILURE, 2X8
(EACH ARM) HAMMER STRNGTH ROW - 4X10
DB CHEST FLY - 1XFAILURE, 2X8
(KNEELING) CABLE PULLOVER - 4X12
(BODY WEIGHT) BENCH DIPS - 3X15
CABLE ROWS - 1XFAILURE, 2X8

DAY 2

SQUAT 1X1 - 87.5% OF 1RM
SQUAT 3X7 - 77.5% OF 1RM
LEG EXTENSIONS - 3X10
HAMSTRING CURLS - 4X12
FRONT SQUATS - 1XFAILURE, 2X6
DB RDL - 3X10
CALF RAISES - 2X20

DAY 3
BENCH 1X1 - 85% OF 1RM
BENCH 4X4 - 75% OF 1RM
STANDING OHP - 1XFAILURE, 2X5
UPRIGHT ROW - 3X8
REAR DELT FLY - 3X15
DB SKULLCRUSHERS - 4X10
DB TRICEP KICKBACKS - 3X12
ROPE EXTENSIONS - 2XFAILURE

DAY 4

DEADLIFT 1X1 - 87.5% OF 1RM
DEADLIFT 3X6 - 75% OF 1RM
PENDLAY ROW - 1XFAILURE, 2X8
(SINGLE ARM) CABLE PULLDOWNS - 4X12
WIDE GRIP PULLDOWNS - 4X8
(SINGLE ARM) CABLE ROWS - 3X12
STRAIGHT BAR REVERSE GRIP CURLS - 4X12
ROPE CABLE CURLS - 2XFAILURE

DAY 5

CLOSE GRIP INCLINE PRESS - 1XFAILURE, 3X8
ARNOLD CHEST PRESS - 4X12
INCLINE DB PRESS - 1XFAILURE, 2X8
REVERSE GRIP DB BENCH - 4X12
MACHINE CHEST PRESS - 4X10
(SINGLE ARM) CABLE TRICEP EXT - 3X12
(45LB PLATE ON LEGS) BENCH DIPS - 2XFAILURE

DAY 6

SQUAT 3X4 - 70% OF 1RM
HAMSTRING CURLS - 4X10
TRI SET - LEG PRESS - 3X10
LEG PRESS FEET IN - 3X10
LEG PRESS FEET OUT - 3X10
DB RDL - 3X12
LEG EXTENSIONS - 4X8
CALF RAISES 2X20 - 3XFAILURE

GET BETTER TODAY
WEEK 3

DAY 1

BENCH 3X7 - 7.5% OF 1RM
(2 COUNT DOWN) WIDE GRIP BENCH - 75% OF 1RM
(SUPER SET) LANDMINE PRESS - 4X12-15
LANDMINE ROW - 4X10
(SUPER SET) DB CHEST PRESS - 1XFAILURE, 2X8
DB ROW - 1XFAILURE, 2X8
MACHINE FLY - 4X15
CABLE ROWS - 4X10-12

DAY 2

SQUAT 1X1 - 90-95% OF 1RM
SQUAT 3X7 - 77.5% OF 1RM
DB RDL - 4X12
(SUPER SET) GOBLET SQUATS - 3X8
HAMSTRING CURLS - 3X12
DB SPLIT SQUAT - 4X8
CALF RAISES - 2X20

DAY 3

BENCH 1X1 - 82.5% OF 1RM
BENCH 5X4 - 75% OF 1RM
ARNOLD PRESS - 1XFAILURE, 2X10
DB SHOULDER PRESS - 1XFAILURE, 1X10
DB LATERAL RAISES - 4X10-12
DB FRENCH CURL - 1XFAILURE, 2X12
STRT BAR PUSHDOWNS - 2XFAILURE
ROPE EXTENSIONS - 2XFAILURE

DAY 4

DEADLIFT 1X1 - 90% OF 1RM
DEADLIFT 4X6 - 75% OF 1RM
MACHINE HIGH ROW - 3X12
CLOSE GRIP PULLDOWN - 4X8
FACE PULLS - 3X15
ALT DB CURLS - 3X8
DB SPIDER CURLS - 3X12
DB HAMMER CURLS - 3X8

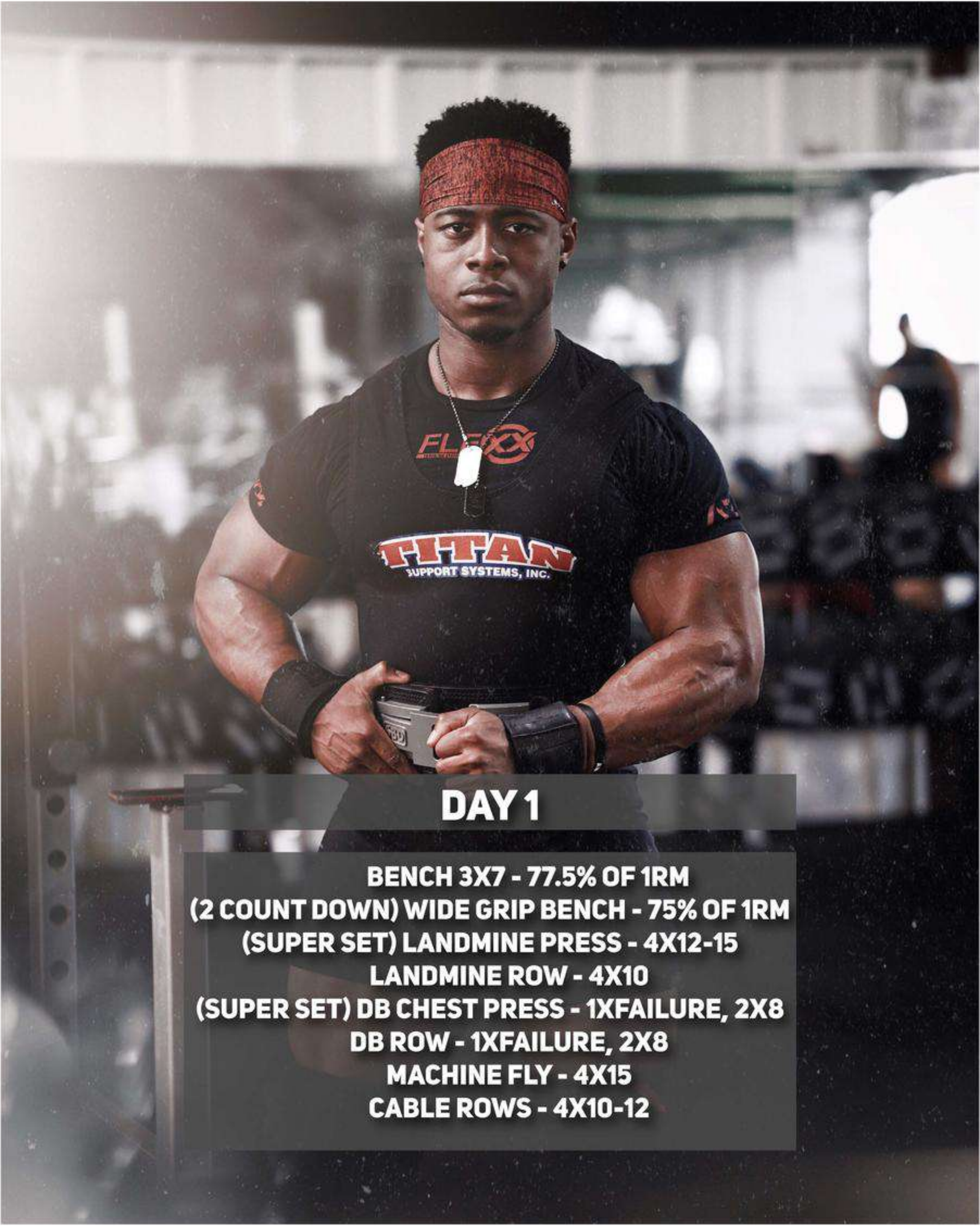
DAY 5

INCLINE BENCH - 1XFAILURE, 2X8
(BODY WEIGHT) DIPS - 3X15
CABLE FLYS - 4X15
FLAT DB BECH PRESS - 1XFAILURE, 2X8
(45LB PLATE ON BACK) WEIGHTED PUSHUPS 3X12
EZBAR SKULLCRUSHERS - 4X10
DIAMOND PUSHUPS - 2XFAILURE

DAY 6

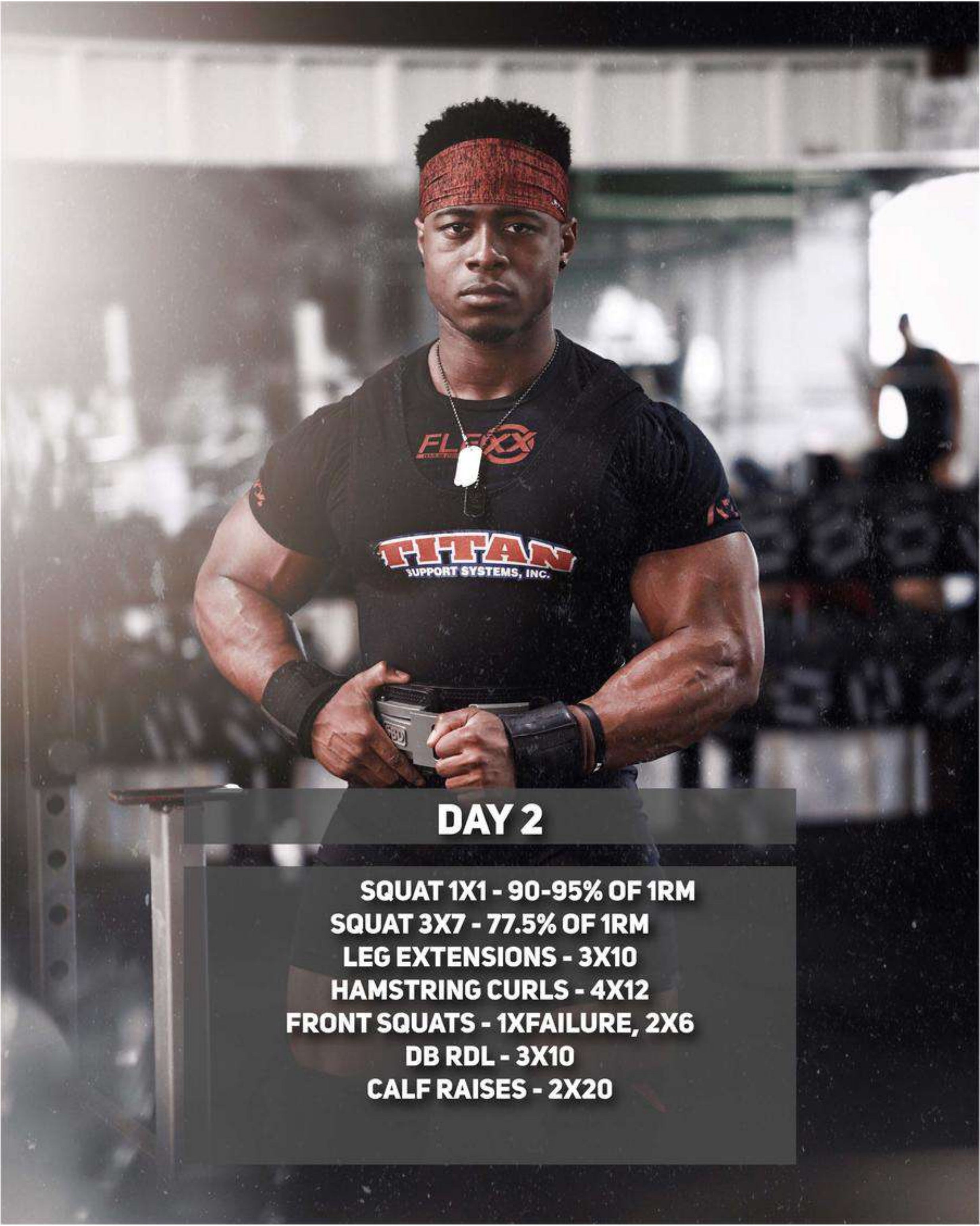
SQUAT 3X4 - 70% OF 1RM
DB LUNGE SQUATS - 4X8
3 SEC HOLD AT THE TOP - LEG EXTENSIONS - 4X10
WITH DUMBBELLS WEIGHTED STEP UPS - 4X8
WITH DUMBBELL ONE LEGGED DEADLIFT - 3X10
KETTLE BELL SWING - 3X15
OR WALKING LUNGES REVERSE SLED PULLS - 4X10

TITAN
SUPPORT SYSTEMS, INC.
WEEK 4



DAY 1

BENCH 3X7 - 77.5% OF 1RM
(2 COUNT DOWN) WIDE GRIP BENCH - 75% OF 1RM
(SUPER SET) LANDMINE PRESS - 4X12-15
LANDMINE ROW - 4X10
(SUPER SET) DB CHEST PRESS - 1XFAILURE, 2X8
DB ROW - 1XFAILURE, 2X8
MACHINE FLY - 4X15
CABLE ROWS - 4X10-12


TITAN
SUPPORT SYSTEMS, INC.
DAY 2
SQUAT 1X1 - 90-95% OF 1RM
SQUAT 3X7 - 77.5% OF 1RM
LEG EXTENSIONS - 3X10
HAMSTRING CURLS - 4X12
FRONT SQUATS - 1XFAILURE, 2X6
DB RDL - 3X10
CALF RAISES - 2X20

DAY 3

BENCH 1X1 - 82.5% OF 1RM
BENCH 4X4 - 70% OF 1RM
STANDING OHP - 1XFAILURE, 2X5
(SINGLE ARM) UPRIGHT ROW - 3X8
(BODYWEIGHT) REAR DELT FLY - 3X15
DB SKULLCRUSHERS - 4X10
DB TRICEP KICKBACKS - 3X12
ROPE EXTENSIONS - 2XFAILURE

DAY 4

DEADLIFT 4X5 - 75-77.5% OF 1RM
PENDLAY ROW - 1XFAILURE, 2X8
SINGLE ARM CABLE PULLDOWNS - 4X12
WIDE GRIP PULLDOWNS - 4X8
SINGLE ARM CABLE ROWS - 3X12
STRAIGHT BAR REVERSE GRIP CURLS - 4X12
ROPE CABLE CURLS - 2XFAILURE

DAY 5

CLOSE GRIP INCLINE PRESS - 1XFAILURE, 3X8
ARNOLD CHEST PRESS - 4X12
INCLINE DB PRESS - 1XFAILURE, 2X8
REVERSE GRIP DB BENCH - 4X12
MACHINE CHEST PRESS - 4X10
SINGLE AR MCABLE TRICEP EXT - 3X12
(45LB PLATE ON LEGS) BENCH DIPS - 2XFAILURE

DAY 6

SQUAT 3X4 - 70% OF 1RM
HAMSTRING CURLS - 4X10
TRI SET - LEG PRESS - 3X10
LEG PRESS FEET IN - 3X10
LEG PRESS FEET OUT - 3X10
DB RDL - 3X12
LEG EXTENSIONS - 4X8
CALF RAISES 2X20 - 3XFAILURE

WEEK 5

DAY 1
BENCH 4X5 - 80-82.5% OF 1RM
CLOSE GRIP BENCH 3X6 - 70% OF 1RM
INCLINE DB PRESS - 1XFAILURE, 2X8
BABRELL ROW - 1XFAILURE, 3X8
MACHINE CHEST PRESS - 4X10
T-BAR ROW - 4X12
CABLE FLY - 3X15
ROPE PULLDOWN - 3X12

DAY 2
SQUAT 4X5 - 80% OF 1RM
GOBLET SQUAT - 4X8
LUNGE SQUAT - 3X12
DB RDL - 3X12
KETTLE BELL SWING - 4X10
SINGLE LEG LEG EXTENSIONS - 3X8
CALF RAISES - 2X20

DAY 3
BENCH 3X5 - 70% OF 1RM
DB SHOULDER PRESS - 1XFAILURE, 2X8
PALMS TOWARDS FACE STRT BAR SHOULDER PRESS - 4X12
SINGLE ARM DB UPRIGHT ROW - 3X12
CABLE LATERAL RAISES - 3X15
PALMS TOWARDS FACE REVERSE GRIP DB BENCH - 2XFAILURE
V-BAR PUSHDOWNS - 3X15
ROPE EXTENSIONS - 2XFAILURE

DAY 4

DEADLIFT 4X4 - 80% OF 1RM
BARBELL ROW - 1XFAILURE, 2X7
T- BAR ROW - 4X8
DB ROW - 3X8
INVERTED ROW - 3X12
DB HAMMER CURLS - 2XFAILURE
ROPE EXTENSIONS - 2XFAILURE

DAY 5

INCLINE BENCH 3X6 - 70% OF 1RM
LANDMINE PRESS - 4X12
DB FLAT BENCH - 4X10
PALMS FACING EACH OTHER DB INCLINE BENCH - 4X8
BENCH DIPS - 4X12
FINISHER
CABLE FLYS - 2XFAILURE
V-BAR PUSHDOWNS - 3X15
ROPE EXTENSIONS - 2XFAILURE

DAY 6

SQUAT 3X5 - 70% OF 1RM
HACK SQUAT - 4X8
HAMSTRING CURLS - 3X12
SINGLE LEG LEG EXTENSIONS - 4X10
DB RDL - 3X12
DB LUNGE SQUAT = 3X15
CALF RAISES - 3X15
ROPE EXTENSIONS - 2XFAILURE

ELEIKO

RAISE THE BAR

WEEK 6

ELEIKO
RAISE THE BAR
DAY 1
BENCH 5X3 - 85% OF 1RM
CLOSE GRIP BENCH 3X6 - 70% OF 1RM
(PRE EXHASTION WORK) CABLE FLY - 1XFAILURE
ARNOLD CHEST PRESS - 1XFAILURE, 2X7
LANDMINE ROW - 4X8
HAMMER STRNGTH ROW - 4X10
DB ROW - 4X8

ELEIKO
RAISE THE BAR
DAY 2
SQUAT 4X4 - 85-87.5% OF 1RM
(SUPER SET) LEG EXTENSIONS - 4X12
HAMSTRING CURLS - 4X12
DB IN EACH HAND WEIGHTED STEP UPS - 4X8
DB RDL - 3X12
CALF RAISES - 3X15

DAY 3

BENCH 3X4 - 70% OF 1RM
ARNOLD PRESS - 4X8
STANDING OHP - 3X8
(2 SEC HOLD) FACE PULLS - 3X15
FRENCH CURLS - 1XFAILURED, 2X8
REVERSE GRIP STRIGHT BAR PUSHDOWN - 4X12
DB TRICEP KICKBACK - 3X15
DIAMOND PUSHUPS - 2XFAILURE

ELEIKO
RAISE THE BAR
DAY 4
DEADLIFT 4X3 - 85-87% OF 1RM
WIDE GRIP PULLDOWNS - 4X12
DB ROW - 4X10
DB PULLOVER - 2X12
PULLUPS - 4X8
ALT DB CURLS - 2XFAILURE
SPIDER CURLS - 2XFAILURE

ELEIKO
RAISE THE BAR
DAY 5
CLOSE GRIP INCLINE BENCH - 70% OF 1RM
MACHINE CHEST PRESS - 1XFAILURE, 2X7
MACHINE FLY - 4X12
(BODY WEIGHT) DIPS - 3X15
INCLINE DB PRESS - 3X8
FINISHER - CABLE FLY - 2XFAILURE

ELEIKO
RAISE THE BAR
DAY 6
(PRE EXHASTION WORK) LEG EXTENSIONS - 1XFAILURE
TRI SET - LEG PRESS - 4X8
LEG PRESS FEET IN - 4X8
LEG PRESS FEET OUT - 4X8
HAMSTRING CURLS - 3X12
INCLINE DB SEAL ROW - 3X12
CALF RAISES - 2X15

APLYFT
#TrainSmart
SBD
USA
WEEK 7

APLYFT
#TrainSmart
SBD
USA
DAY 1
BENCH 3X2 - 90-95% OF 1RM
CLOSE GRIP BENCH 3X6 - 70% OF 1RM
INCLINE DB PRESS - 1XFAILURE, 2X8
BABRELL ROW - 1XFAILURE, 3X8
MACHINE CHEST PRESS - 4X10
T-BAR ROW - 4X12
(EACH LEG) CABLE FLY - 3X15
ROPE PULLDOWN - 3X12

DAY 2

SQUAT 3X2 - 85-87.5% OF 1RM
GOBLET SQUAT - 4X8
LUNGE SQUAT - 3X12
DB RDL - 3X12
KETTLE BELL SWING - 4X10
SINGLE LEG LEG EXTENSIONS - 3X8
CALF RAISES - 2X20

DAY 3

BENCH 3X5 - 70% OF 1RM
DB SHOULDER PRESS - 1XFAILURE, 2X8
PALMS TOWARDS FACE STRT BAR SHOULDER PRESS - 4X12
SINGLE ARM DB UPRIGHT ROW - 3X12
CABLE LATERAL RAISES - 3X15
PALMS TOWARDS FACE REVERSE GRIP DB BENCH - 2XFAILURE
V-BAR PUSHDOWNS - 3X15
ROPE EXTENSIONS - 2XFAILURE

DAY 4

DEADLIFT 3X2 - 90% OF 1RM
BARBELL ROW - 1XFAILURE, 2X7
T- BAR ROW - 4X8
DB ROW - 3X8
INVERTED ROW - 3X12
DB HAMMER CURLS - 2XFAILURE

DAY 5

INCLINE BENCH 3X6 - 70% OF 1RM
LANDMINE PRESS - 4X12
DB FLAT BENCH - 4X10
PALMS FACING EACH OTHER DB INCLINE BENCH - 4X8
BENCH DIPS - 4X12
CABLE FLYS - 2XFAILURE

DAY 6

HACK SQUAT - 4X8
HAMSTRING CURLS - 3X12
SINGLE LEG LEG EXTENSIONS - 4X10
DB RDL - 3X12
DB LUNGE SQUAT - 3X15
CALF RAISES - 3X15

WEEK 8

IPF
International
owerlifting Federation
APLYFT
#TrainSmart
US
SBD
1

IPF
International
owerlifting Federation
APLYFT
#TrainSmart
DAY 1
BENCH 1X1 - MAX OUT
(PRE EXHASTION WORK) CABLE FLY - 1XFAILURE
ARNOLD CHEST PRESS - 1XFAILURE, 2X7
LANDMINE ROW - 4X8
(EACH LEG) HAMMER STRNGTH ROW - 4X10
DB ROW - 4X8

DAY 2

SQUAT 1X1 - MAX OUT
SUPER SET LEG EXTENSIONS - 4X12
HAMSTRING CURLS - 4X12
DB IN EACH HAND WEIGHTED STEP UPS - 4X8
DB RDL - 3X12
CALF RAISES - 3X15

DAY 3

BENCH 3X4 - 70% OF 1RM
ARNOLD PRESS - 4X8
STANDING OHP - 3X8
(2 SEC HOLD) FACE PULLS - 3X15
FRENCH CURLS - 1XFAILURED, 2X8
REVERSE GRIP STRIGHT BAR PUSHDOWN - 4X12
DB TRICEP KICKBACK - 3X15
DIAMOND PUSHUPS - 2XFAILURE

IPF
International
Powerlifting Federation
APLYFT
#TrainSmart
DAY 4
DEADLIFT 1X1 - MAX OUT
WIDE GRIP PULLDOWNS - 4X12
DB ROW - 4X10
DB PULLOVER - 2X12
PULLUPS - 4X8
ALT DB CURLS - 2XFAILURE
SPIDER CURLS - 2XFAILURE

IPF
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APLYFT
#TrainSmart
DAY 5
CLOSE GRIP INCLINE BENCH - 70% OF 1RM
MACHINE CHEST PRESS - 1XFAILURE, 2X7
MACHINE FLY - 4X12
(BODY WEIGHT) DIPS - 3X15
INCLINE DB PRESS - 3X8
FINISHER: CABLE FLY - 2XFAILURE

DAY 6

(PRE EXHASTION WORK) LEG EXTENSIONS - 1XFAILURE
TRI SET - LEG PRESS - 4X8
LEG PRESS FEET IN - 4X8
LEG PRESS FEET OUT - 4X8
HAMSTRING CURLS - 3X12
INCLINE DB SEAL ROW - 3X12
CALF RAISES - 2X15